



CHEROKEE NATION

Child Care & Development
2024 Spring Edition

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Child 2024

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Hatching Eggs

We have a new egg-citing opportunity brought to you by Cherokee Nation Child Care Resource and Referral and OSU Extension offices. It is something to crow about! Hatching chickens with your children is an incredible learning opportunity! This egg-citing kit includes an incubator, egg candler, “Twenty-One Days of Hatching Chicks” booklet, need to take care of chicks after they hatch. A Cherokee Nation Resource and Referral

Specialist will visit your center with a special guest (Cluck the Chicken) to introduce hatching chicks in a fun and interactive way.

The Resource and Referral Specialist will work with the teacher to explain the curriculum and incubating process. Please contact one of our Resource and Referral Specialists if you are interested in this fun and eggciting opportunity!! Best of cluck!!



Literature-Based Activities For School-Age Children



Do you need fun, engaging, literature-based activities for your school-age children? Cherokee Nation Resource and Referral is offering technical assistance to assist teachers with developing lessons and activities based on children’s literature. You will receive the following books:

- Magic Tree House (Books 1-8)
- Hank the Cowdog
- A Dog Called Kitty
- The Chocolate Touch
- Holes
- My Father’s Dragon
- Bridge to Terabithia
- The Stinky Cheese Man
- The Incredible Journey
- Charlie and the Chocolate Factory
- The Boxcar Children
- Snot Stew

If you have a school-age program and are interested in scheduling technical assistance, please reach out.

Sherris Schwab
918-525-2105
sherrischwab@cherokee.org

Trish Engel
918-772-7872
patricia-engel@cherokee.org



Teaching Social Emotional Skills

Mister Rogers was quoted as saying “When we help our children find healthy ways of dealing with their feelings, ways that don’t hurt them or anyone else, we’re helping to make our world a safer, better place.” Studies have shown that children with strong social emotional skills:

- Are more focused
- Are healthier
- Are less impulsive
- Have more friends
- Are less lonely
- Tolerate frustration
- Engage in less destructive behavior
- Get in fewer fights
- Have greater academic achievement

What are these important social emotional skills? They are emotional literacy, friendship skills, self regulation and problem solving. These skills can be taught and children can begin to learn them as early as infancy. Child care teachers can have a huge impact on a child’s life by teaching these skills and providing opportunities for children to practice these skills throughout the day.

Do you need help with developing and implementing strategies to teach your children social-emotional skills? If so, we are here to help. Cherokee Nation Resource and Referral Specialists can provide

coaching and consultation services to child care providers as well as resources to assist with teaching these important skills.

For more information please contact

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918-525-2105
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Cherokee Nation Summer EBT

TAHLEQUAH, Okla. — The Cherokee Nation is accepting applications for the Summer Electronic Benefit Transfer program, which helps families buy nutritious foods during the summer months.

Summer EBT is offered through Cherokee Nation Public Health's Women, Infant and Children program. Services are available for eligible students within the Cherokee Nation Reservation and parts of the Muscogee Nation Reservation.

“Every year this program helps countless families within the Cherokee Nation Reservation,” Principal Chief Chuck Hoskin Jr. said. “This year, because the state of Oklahoma declined to participate, Cherokee Nation and our partners will also serve children on the Muscogee Nation Reservation. Food security is one of the tribe's top priorities to ensure families have access to nutritious foods when school is not in session. In the spirit of gadugi, we are excited to extend these services to our neighboring families without regard to whether they are citizens of a tribal nation.”

Cherokee Nation and its partners expect to serve an estimated 150,000 children this summer, serving all eligible applicants whether they are

Cherokee citizens or non-Cherokee citizens across its 7,000-mile reservation.

Qualifying families will receive \$120 of food benefits per child issued on one benefit issuance on an EBT card, which works like a debit card.

Participation in this program will have no impact on other government assistance participants may receive.

Eligibility for the program is based on free or reduced school meals and the Food Distribution Program on Indian Reservations data list. Households that are on a direct certification list from these sources will automatically be issued a card for Summer EBT. Students who attend a participating school do not need to apply. Households can choose to opt out by contacting the Summer EBT team.

A list of participating schools can be found at <https://www.cherokeepublichealth.org/Tiles/SEBT>.

For those that live on the Cherokee Nation Reservation, the Summer EBT application can be found at <https://gadugiportal.cherokee.org/s/wics-program>.

For those who live on the

Muscogee Nation Reservation, the Summer EBT application will be posted soon on <https://www.cherokeepublichealth.org/Tiles/SEBT>.

The deadline to apply is August 18.

Cherokee Nation has administered the summer EBT program for seven years. Last year the program brought \$3.5 million in federal funds directly to Summer EBT participants, with Cherokee Nation funding the administration of the program at a cost of around \$275,000. Cherokee Nation's participation in the program this year includes no new major mandates or requirements from the federal government.

The State of Oklahoma declined to participate in the Summer EBT program this year. However, along with Cherokee Nation, the Choctaw, Chickasaw and Muscogee Nations will participate, serving all eligible Oklahomans within their reservations. Each tribe is responsible for administering the program within their respective reservation.

For questions, email wicsebtc@cherokee.org or call Cherokee Nation Summer EBT at 539-234-3265 ext. 5275 from 8 a.m. to 5 p.m. on Monday-Friday.



Celebrate Week of the Young Child 2024

The NAEYC website provides the resources you need to plan an event or activity, for every day during the week of April 6-12, 2024. Visit the NAEYC Week of the Young Child page for inspiration for activities for the week.

April 6

Kick-off Saturday

Things you can do on Kick-off Saturday.

- Post a video, blog, or social media post sharing why you celebrate Week of the Young Child and what you do to prepare.
- Create a dancing playlist for Music Monday.
- Search your kitchen for ingredients for your Tasty Tuesday activity.
- For Work Together Wednesday, work with other educators in your program to draft a group letter to your elected officials, emphasizing the need to #InvestinECE.
- Gather your arts and crafts for Artsy Thursday.
- Draft an email to parents explaining what they should expect during #WOYC24 and how they can prepare for your Family Friday activities.

April 4

Music Monday

When children sing, dance, and listen to music, they develop their language and early literacy skills while being active and encouraging movement. Make up and record your own unique version of a song or write your own.

April 5

Tasty Tuesday

This fun, food-themed day is about more than just cheese and crackers. Cooking together connects math with literacy skills, science, and more. With the rise in childhood obesity, you can encourage healthy nutrition and fitness habits at home and in the classroom, create your own healthy snacks and share the recipes and photos of your creations with families.

April 6

Work Together Wednesday

When children build together, they explore math and science concepts and develop their social and early literacy skills. Children can use any building material-from a fort of branches on the playground to a block city in the classroom, or a hideaway made from couch pillows at home

April 7

Artsy Thursday

Think, problem solve, create! Children develop creativity, social skills, and fine motor skills with open-ended art projects where they can make choices, use their imaginations, and create with their hands. On artsy Thursday celebrate the joy and learning children experience when engaged in creative artmaking. Use any materials-from crayons to paint, clay to crafts!

April 8

Family Friday

Celebrate those who support young learners. Share family stories and pictures to acknowledge the role families play in a child's learning. Parents can read a favorite children's book to their early learner or take their child on a picnic.

INTERNATIONAL MUD DAY

There are countless ways to celebrate International Mud Day, but all of them have one thing in common: you must get dirty. This day can be especially fun if you have children because who likes to get dirty as much as children? One of the most creative and fun activities that would be perfect to do on International Mud Day is making mud sculptures or mud cakes. It's easy to adjust the consistency of the mud you're using by simply adding a little more earth or water, so it should be easy to make what you want to make, while enjoying plenty of carefree laughter and quality family time in the process. Yet another easy way to enjoy this day to the fullest is to

make a homemade mud pit using a blow-up pool. Not only is this cheap, but it also makes for a truly unique experience. All you must do once you've bought a small blow-up pool is fill it with mud that can easily be filled using a mixture of earth and water that your children can then splash around in. Just make sure that you're prepared to throw out your/their clothes once you peel them off, because there is no way those clothes will ever get clean again.



Scan the QR code to learn more



"every child should have mud pies, grasshoppers, water bugs, tadpoles, frogs, mud turtles, wild strawberries, acorns, chestnuts, trees to climb. Brooks to wade... bees, butterflies, various animals to pet, hayfields, pinecones, rocks to roll, sand, snakes, and hornets; any child who has been deprived of these has been deprived of the best part of .education."

- Luther Burbank, American Botanist

PROVIDER APPRECIATION DAY



National Provider Appreciation Day is on the Friday before Mother's Day, May 10th this year. Childcare workers are celebrated on this day, including teachers, nannies, and caregivers, all of whom are essential workers in helping working parents continue to provide for their families. The day focuses on building awareness of the holiday, thanking childcare workers, and showcasing their contributions to their communities. From a simple thank you and gifts to social media posts and hashtags, this holiday is deserving of our attention.

HOW TO OBSERVE NATIONAL PROVIDER APPRECIATION DAY

Say thank you - Simply saying thank you as a mark of appreciation to a childcare professional can make a big impact. It can be a thankless job being a carer who could be supporting those with physical- and mental disabilities as well as children. Send a thank you card, a video message, or even treat a carer you know to coffee or meal.

Gift time - Caregivers, especially those who care for family members, tend to have little time for themselves. Offering them as little as an hour to indulge in some personal

time can be better than any material gift you can offer a caregiver.

Treat boxes - Create or buy a box filled with treats a caregiver will love. Many businesses are willing to donate and give discounts, gift cards, or products to great causes such as this. Even pampering care at home or through retail therapy can relieve the pressures of working in the child care sector.



Scan the QR code to learn more

Go NAPSACC



OKLAHOMA
State Department of Health

Join us!

Give young children a healthy start with Go NAPSACC!



From mealtime, to playtime, to story time, children have lots of opportunities each day to learn and practice healthy habits. Go NAPSACC is a trusted online tool that helps child care programs go the extra mile to support children's healthy eating and physical activity.

Getting Started

Go NAPSACC provides easy-to-use online tools and an online library of helpful videos, activities, and flyers. Programs like yours have used Go NAPSACC to improve their menus, add more play into their daily schedules, and educate families about healthy eating and active play.

"We started walking every day and now the kids ask to go for a walk."

"This allowed me to see the importance of having policies in place...and do more in the way of parent information."

Learn More!



Watch the [Go NAPSACC Video](#) to see how others have found success with Go NAPSACC.

Join Today!



Look for an invitation from an Oklahoma technical assistance consultant or state-level Go NAPSACC coordinator.

Get Started!



Watch the Go NAPSACC [5 Step Improvement Process](#) to get started.

For more information, e-mail Reaina.Harris@health.ok.gov

Go NAPSACC's 5 Steps to Success

- 1 **Assess** current practices in one of the following areas:
 - Child Nutrition
 - Breastfeeding & Infant Feeding
 - Oral Health
 - Infant & Child Physical Activity
 - Outdoor Play & Learning
 - Screen Time
 - Farm to ECE
- 2 **Plan** how to improve
- 3 **Take action** with the help of a TA professional
- 4 **Learn more** with our online resource library and local trainings
- 5 **Keep it up!**



Shape Your Future's

RAINY DAY KIT

Don't let the dark clouds and roaring thunder keep your kids from having fun. Take the activities indoors!

THUNDERSTORM OBSTACLE COURSE

PUDDLE JUMP

Jump over pillows on the floor.

RAINDROP DODGE

Place plastic cups in a zig-zag pattern on the floor and run around them.

UMBRELLA SPIN

Spin around three times with a pretend umbrella in your hand.

MUD CRAWL

Army crawl on your belly until you reach the finish line.

LIGHTNING ROUND

When you reach the end, do as many jumping jacks as you can in 30 seconds!



RESOURCES



For questions or information related to Billing, Licensing, and Subsidy Programs, please call our main office at 918-453-5300.

CHEROKEE NATION CHILD CARE RESOURCE CENTER

1-888-458-6230

CATOOSA OFFICE:

Sherri Schwab - *Child Care Resource and Referral Specialist*

Office: 918-266-5626

Cell: 918-525-2105

PRYOR OFFICE:

Margaret Tyner - *Cherokee Nation Early Childhood Educator*

Office: 918-453-5000 ext. 2394

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Trish Engel - *Child Care Resource and Referral Specialist*

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Amber Walls

Lead Educator

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Andria Hummingbird - *Child Care Resource and Referral Specialist*

Office: 918-453-5055

Cell: 918-316-0074

RESOURCES

Center for Early Childhood Professional Development (CECPD)

1-888-446-7608

www.cecpd.org

Child Care Aware Of America

1-800-424-2246

www.childcareaware.org

OKDHS Office of Background Investigations

1-800-347-2276

405-521-2355

Oklahoma Child Care Resource & Referral (OCCRRA)

1-888-962-2772

www.oklahomachildcare.org

Reaching for the STARS - SOS

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Gina McPherson - Career

Technology Centers

1-866-343-3881

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